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Wednesday, January 25, 2017 metro.us | t: MetroNewYork | f: MetroNewYork

THE LATEST 'SNL' CRYBABY

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Acclaimed acting studio coaches students entirely in Spanish. 4

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TRUMP STANDS BY VOTER FRAUD BELIEF

1 President Donald Trump stands by his belief that millions of people voted illegally in the U.S. election, the White House said on Tuesday, despite widespread evidence to the contrary. "The president does believe that," White House spokesman Sean Spicer told reporters. State officials in charge of the Nov. 8 election have said they found no evidence of widespread voter fraud and there is no



history of it in U.S. elections. Even House of Representatives Speaker Paul Ryan, the most senior Republican in Congress, said he had seen no evidence to back up Trump's claims. Trump lost the popular vote to Democratic rival Hillary Clinton by about 2.9 million. **REUTERS**

LEAD LEVELS FALL BELOW FEDERAL LIMITS IN FLINT

2 Lead levels in Flint, Michigan's drinking water have receded below federal limits, state officials said, although they cautioned residents to continue using filtered water as work went on to replace the city's lead pipes. Tests showed lead levels in the city's drinking water were 12 parts per billion (PPB) between July and December, below the federal limit of 15 PPB, Michigan officials said. Flint was under the

control of a state-appointed emergency manager when it switched its water source from Lake Huron to the Flint River in April 2014. The more corrosive river water caused lead to leach from city pipes and go into the drinking water. Lead can cause various health problems and Flint's contaminated water has prompted dozens of lawsuits and criminal charges against several former government officials. **REUTERS**

GHW BUSH RECOVERING FROM PNEUMONIA

3 Former President George H.W. Bush, who has been in a Houston hospital for 10 days with pneumonia, is improving and has been sitting up, talking with physicians and returning phone calls, a spokesman for his office said on Tuesday. Bush, the country's oldest living ex-president at 92, on Monday was moved out of the intensive-care unit at Houston Methodist Hospital, where he's been since



Jan. 14 after experiencing shortness of breath. "President Bush had another good night's rest at Houston Methodist Hospital as he continues to recover from pneumonia," spokesman Jim McGrath said in a statement. **REUTERS**

CHICAGO PROTEST

5 Police arrest a protester who was sitting in the street blocking traffic demonstrating against President Donald Trump during the evening rush hour in the Loop on Tuesday in Chicago. Several hundred protesters unhappy with many of Trump's cabinet picks and his stand on several environmental issues including the Keystone XL and Dakota Access pipelines marched in the street, snarling downtown traffic during the evening commute. About a half dozen were arrested. **GETTY IMAGES**



NO CHARGES FOR LA COPS WHO KILLED BLACK MAN

4 Two Los Angeles police officers who fatally shot an unarmed black man described by his lawyer as mentally challenged will face no criminal charges over the 2014 killing, the district attorney said, calling their actions "legally justified." The killing of Ezell Ford was one of many shootings of unarmed black men by law enforcement that triggered protests and fueled a renewed civil rights move-

ment. In a redacted report, Los Angeles County District Attorney Jackie Lacey said Officers Sharlton Wampler and Antonio Villegas spotted Ford leaving a "known gang area" on Aug. 11, 2014, and suspected he was trying to dispose of something illegal. As Wampler tried to apprehend Ford, the two men scuffled and ended up on the ground with Ford reaching for the officer's gun, according to the report. **REUTERS**



WELCOME TO METRO.US!

MATT PRIGGE, NATIONAL FILM EDITOR

There may be more important things going on, but you can't concentrate on the news 24/7. Take a break by reading about the newly announced Oscar nominations. We grumble about the snubs (Taraji P. Henson, Annette Bening, Hugh Grant) while delighting that "Moonlight" scored eight nominations. And hey, Michael Shannon (nominated for "Nocturnal Animals") is always welcome. Distract yourself, then return to calling your representatives, begging them to save the world. **metro.us/movies**

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HB Studio in Manhattan offers a Spanish speaking acting class taught by actress Maria Fontanals, from Spain, and actor Pablo Andrade, from Venezuela. BESS ADLER



Actress Maria Fontanals BESS ADLER

It's history

HB Studio was founded in 1945 by Broadway actor and director Herbert Berg-hof. Its philosophy is based on the methods of his wife, Uta Hagen, a Tony-winning actress.

Famed Greenwich Village acting studio offers 'actuar en español'

HB Studio in Greenwich Village boasts such alumni as Robert De Niro, Al Pacino and Sarah Jessica Parker.



A legendary acting studio is all hustle-bustle, with a diverse group of aspiring actors rushing around a funky old Bank Street building for the start of the winter term. A new 10-week class is under way, but there's something different about this course that hasn't been seen at Greenwich Village's HB Studio in its seven-decade history: It is entirely in Spanish.

"This is an historic moment for the studio," says instructor

Pablo Andrade. "HB has always welcomed and supported foreign actors, but this is the first time there's a whole class in a language other than English. This represents the opening of a new space for Hispanic actors to experiment, connect and grow."

About a dozen people are taking part, many of whom came to New York to pursue their dreams. They are learning to solve acting challenges, unlock the rehearsal process, and apply those concepts to monologues and scenes from contemporary Hispanic plays.

Andrade, 32, who is from Venezuela and lives in Washington Heights, is teaching the course with Maria Fontanals, 43, a Barcelona native now in Morningside Heights. Both have been practicing at HB since 2011.

"Pablo and I were talking one day about a year ago," Fontanals says, "and he said there was a Spanish acting class at the Stella Adler studio in Los Angeles. So we thought, why not in New York? The Hispanic community in the States is huge, and it is growing."

They met with Edith Meeks, executive and artistic director of HB Studio, who immediately loved the idea.

"They were eager to translate their experience at HB to other actors in their native tongue and felt there was a need and an opportunity for this in New York City's rich cultural mix," Meeks says.

Indeed, almost a quarter of the city's residents speak primarily Spanish at home, according to the U.S. Census Bureau.

"We know our non-

native English speakers often end up having to split their focus between developing their diction in English and the process of acting itself — finding freedom and connection in the

"We want to give our Spanish-speaking students a broader opportunity to thrive on their own terms."

Edith Meeks

role," Meeks says.

"Empathy is what you need to understand a character," explains Fontanals, who has been nominated for awards both locally and in the Dominican Republic.

HB's alumni have long been among the red carpet walkers at stage and screen awards shows: Anne Bancroft,

Billy Crystal, Robert De Niro, Al Pacino, Sarah Jessica Parker, Barbra Streisand and Sigourney Weaver are just a few names on its roster.

All involved with the new course, taught in

first language," says Andrade, who is currently playing Santiago Nasar in "Chronicle of a Death Foretold" and Mario in "Aunt Julia" and the Scriptwriter at Repertorio Español on East 27th Street.

One student, Olivia Leyva, 29, a Chicago native living in Prospect Lefferts Gardens in Brooklyn, says she feels a connection to the instructors and their personal stories and journeys.

"I believe the class will allow a community of new talent and cultural diversity to emerge," says Leyva, who works as a scheduling coordinator at HB and has done behind-the-scenes work for local theater productions. "Experiencing the voices speaking in their native tongue allows for a deeply personal experience."

two-and-a-half-hour sessions, believe they may find a diamond in the rough.

"We want to give our Spanish-speaking students a broader opportunity to thrive on their own terms," Meeks says.

"I have met many fellow actors who don't feel comfortable performing in Spanish even though it is their

NEW YEAR SPECIALS FOR ALL

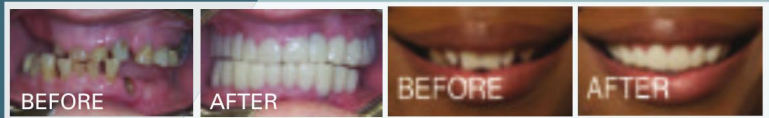
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212-95-SMILE (76453)

Baby boomer activism booming in anti-Trump movement, organizers say

New Yorkers over 50 are on the front lines of the movement against all things Donald Trump.



AMANDA MIKELBERG
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They wore pink knit pussyhats, they carried signs with such messages as "I can't believe I'm still protesting this s—." They are "old" ladies, and gentlemen, and they're coming out of activist retirement in droves as part of the resistance to President Donald Trump.

Membership in the well-established Three Parks Independent Democrats based on the Upper West Side has never been so high — around 300, and they picked up at least 50 members immediately after the election. The in-

flux of participation in the 42-year-old group is by and large from people of a mature age, said Three Parks board member Lynn Max, who met her husband in 1972 while campaigning for women's rights leader Congresswoman Bella Abzug.

"It's more of the baby boomers who have been doing this since the '60s getting active again," Steve Max said.

Chuck Wall, a self-described "typical West Side progressive," first flexed his activist muscle as an undergrad at Columbia University during its contentious student protests in 1968. "Your views are formed by the experiences you have at that time in your life," Wall told Metro. But his life as a book editor kept him largely away from civic activism until he retired, and then walked into the Three Parks storefront a



From left: Ann Seregi, Ellie Wertheim, Allegra Wertheim ANN SEREGI

few months ago.

"Then I found myself selling buttons on Broadway and taking buses down to Pennsylvania to try to make the election go our way," he said.

"We're seeing a lot

of people who had been activists in the past, but maybe it was on the backburner, maybe for a while they were donating money but weren't out on the street, and now they're out with us

again, bringing a wealth of experience," L.A. Kauffman, author of "Direct Action: Protest and the Reinvention of American Radicalism," told Metro. The issues at hand span the gamut of civil, human

and environmental rights hard fought and won over the last 50 years, she said.

"It's a cluster of overlapping movements, and Trump has succeeded in awakening them all," Kauffman said.

The difference in the collective anti-Trump movement is that it is not just young people fighting against their parents, against the patriarchy and the establishment generations as it was during the civil rights movement and the Vietnam war, said the senior activists.

"There isn't this sense of a generation strife or generational grievances as there was in the protests of the '60s and '70s," Kauffman said.

Ann Seregi marched with her daughter Ellie Wertheim and her granddaughter Allegra, 12 — three generations of feminists — in the New York rallies on Saturday.

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De Blasio proposes nearly \$85M in city spending in preliminary budget

The proposed budget includes cash to install bullet-resistant windows in police cruisers.

Mayor Bill de Blasio on Tuesday unveiled a preliminary \$84.67 billion budget for fiscal 2018, approximately \$1 billion more than the current fiscal year.

The proposed spending plan reflects "profound challenges from Washington," the mayor said in a reference to concerns that President Donald Trump could slash federal aid to the city.

Washington's contribution accounts for more than 10 percent of the city budget.

"This budget further invests in the foundations central to a strong, fair city," de Blasio said in a statement. "In the face of economic and political uncertainty from Washington, this budget once again will save money through efficiency measures and invest further in reserve funds." Schools, the NYPD and infrastructure are key points of the spending plan.

The budget calls for \$275 million to be spent to create roughly 38,000 new classroom seats.

The police department will benefit from a \$10.4 million investment in bullet-resistant windows in patrol cars and



New York City Mayor Bill de Blasio presents the Fiscal Year 2018 Preliminary Budget at New York City Hall on Tuesday. GETTY IMAGES

a \$275 million upgrade of an NYPD training center. The plan also provides \$6.3 million to hire 200 new school crossing guards and 100 new supervisors.

City Council will hold budget hearings over the coming months. It must approve the mayor's budget proposal by June 30. Last year, de Blasio reached a budget deal with the council nearly a month ahead of the deadline.

The budget proposal is de Blasio's last before he faces re-election this

year.

Earlier on Monday, Moody's Investors Service highlighted in a report that New York City's economic output exceeds all but four states. Its status as a global financial hub — jobs in finance, insurance and real estate — account for 10.9 percent of its employment and 29 percent of its wages, Moody's said.

"Its \$1 trillion tax base is larger than Los Angeles, Chicago and San Diego combined," the firm said in a statement.

METRO STAFF AND REUTERS

PRISON CRITIQUE

Report: Guantanamo Bay better than El Chapo's NYC jail

Conditions at Mexican drug lord Joaquín "El Chapo" Guzmán's new Manhattan digs are worse than those found at the Guantanamo Bay detention center, according to a declassified report cited by the New York Daily News.

Ahmed Ghailani, who spent more than two years at the Metropolitan Correctional Center in Lower Manhattan where Guzmán is held, said the Cuban facility is "more pleasant" and "more relaxed."

The Tanzania native is now serving a life sentence in Colorado for his role in the bombings of two American embassies in East Africa in 1998.

Ghailani said his only human interaction at MCC was with guards during frequent strip searches. By comparison, while he was at Guantanamo Bay, "he was able to recreate with others, to access DVDs and in general felt that the atmosphere provided more freedom to detainees," Gregory Saathoff said in the declassified report. Saathoff is a psychiatry professor at Virginia University who wrote the report based on conversations he had with Ghailani in 2010.

Another inmate who was incarcerated for two years said in a published report that the jail's lights are kept on for 23 to 24 hours a day, causing inmates to

often lose some of their eyesight.

Guzmán, who escaped two high-security prisons prior to his extradition to the U.S. last week, led the Sinaloa drug cartel. The organization is possibly the world's largest smuggling operation of cocaine, heroin and methamphetamine that, in the course of a decade, killed more than 100,000 people, Reuters reported.

Guzmán is awaiting trial in Brooklyn and faces 17 criminal counts and a mandatory minimum sentence of life in prison. It is unknown if he will remain in MCC's high-security wing or be transferred to a larger facility in Sunset Park.

NIKKI M. MASCAU

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Seen above is an LIRR train that hit a bumper in the Atlantic Terminal in Brooklyn on Jan. 4, injuring more than 100 passengers. **FILE**

MTA may become first transit agency to screen for, treat sleep apnea

"We are not just working to implement industry best practices, the MTA is defining best practices," its CEO said.

causes a person's breathing to stop during sleep, often repeatedly during the course of the night.

Its side effects can cause tiredness, fatigue, difficulty concentrating and unintentional sleep.



NIKKI M. MASCALI
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In the wake of recent commuter train crashes in which engineers were later diagnosed with sleep apnea, the Metropolitan Transportation Authority wants to intensify its efforts to combat the disorder within its workforce.

Under the proposal, the MTA's sleep apnea program will thoroughly screen workers and provide specialized priority treatment to roughly 20,000 subway train operators and conductors, and bus drivers. The MTA assessed proposals from 13 health care companies for the program's potential expansion.

The proposal is pending approval from the MTA board, which is expected to make its decision Wednesday. If it gets the green light, the program would become the first to be implemented by a public transportation agency.

What is sleep apnea?

According to the American Academy of Sleep Medicine, sleep apnea

How will the MTA screen? Similar to testing done by the Metro-North Railroad, the MTA will screen employees using their Body Mass Index, neck circumference, a medical questionnaire related to sleep and sleep patterns and relevant medical history.

At-risk workers will receive further testing, potential diagnosis and treatment that would include an at-home, medically administered overnight sleep test. Pending that test's results, employees may undergo treatment that includes using sleep apnea masks or other such devices worn at home during sleep.

"Safety is our top priority, and MTA is going further than any other transportation agency in the country to prevent the risks of apnea," chairman and CEO Thomas Prendergast said in a statement. "With this proposal, we are not just working to implement industry best practices, the MTA is defining best practices. Sleep apnea is a serious illness, and treatment will improve the quality of life for those who have it and help them live longer."

4 YEARS, 3 SLEEP APNEA CRASHES

On Dec. 1, 2013, a Metro-North train en route to Manhattan derailed in the Bronx, killing four and leaving dozens injured. Its engineer, who reportedly suffers from sleep apnea, fell asleep while operating the speeding train, which was going 82 mph in a 30 mph zone.

A New Jersey Transit train crashed into the Hoboken Terminal on Sept. 29, 2016, killing one person waiting on the platform and injuring more than 100. Its cause was the engineer's undiagnosed sleep apnea.

A Long Island Rail Road train that hit a bumper inside the Atlantic Terminal in Brooklyn on Jan. 4, 2017, injured more than 100 passengers. This crash, too, was attributed to the engineer's sleep apnea.

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A sailboat passes behind an abandoned building on Hart Island on April 5, 2014 in New York. GETTY IMAGES

Families of city's unclaimed dead get more access to graves

About one million men, women and children have been interred in unmarked graves on Hart Island.

Relatives of people buried at a New York City island that serves as the largest mass grave in the United States will have increased access to the cemetery under a modified lawsuit settlement announced on Tuesday.

Hart Island, a mile-long strip of land in the Long Island Sound that sits at the eastern edge of the Bronx, has housed the cemetery for people who cannot afford burials or for unclaimed bodies since the late 1800s. Around 1 million men, women and children have been interred at the island in unmarked graves.

Under the agreement between the New York Civil Liberties Union and the city, which owns the graveyard, the number of visitors allowed at the site will increase to 70 from 50 per month. The city will also provide mourners with photographs of their grave site visits as part of a three-month pilot program under the settlement.

"Hart Island is sacred ground for family members of the generations of people who suffered the indignity of mass burial, and this increase in graveyard visitation is

one more step towards honoring the memory of people buried there," NYCLU Associate Legal Director Christopher Dunn, lead counsel on the case, said in a statement.

The city's Department of Correction, which operates the graveyard, said in a statement it had already sought to increase access to visitors.

"This expansion furthers that goal in a manner consistent with visitor security and safety concerns," the department said.

The agreement is part of an amendment to a class action lawsuit settlement in 2015 between the NYCLU and the city that awarded relatives of those buried at Hart Island, and their guests, the right to visit individual graves.

Previously, city rules confined mourners to a small corner of the island.

The settlement also required the city to provide visitors with ferry service to the island, to maintain a database of the people buried there and to allow visitors to leave mementoes, including flowers and stuffed animals, at the grave sites.

Purchased in 1869 by city authorities, the 131-acre Hart Island has at various times been a prison, a hospital and an asylum for the mentally ill.

Inmates monitored by correction officers now bury about 1,000 coffins at the island per year.

REUTERS

MAYORAL RACE

Hillary Clinton '50-50' on running for NYC mayor, potential candidate says

A former New York mayoral candidate who is pondering another run for the city's top office is holding off making a formal announcement because of Hillary Clinton.

"If Hillary runs, I won't," John Catsimatidis told The Real Deal on Saturday.

Catsimatidis, who lost his bid for mayor in the 2013 Republican primary, is CEO of the Red Apple

Group, a real estate, energy, finance and insurance conglomerate that also owns the Gristedes Foods supermarket chain.

After news broke earlier this month that Clinton was reportedly mulling a run for mayor, her confidante Neera Tanden told CNN, "I don't expect her to ever run for any elective office again."

Catsimatidis disagrees, based on personal conversations he said he had with the former Democratic presidential nominee.

"I spoke to her about it, but

she didn't indicate or signal to me [whether she would run]," he said. "She didn't say never, she didn't say no. In my personal opinion, it's 50-50."

Catsimatidis was a member of Clinton's finance team during her first presidential run in 2008 and donated to her 2016 campaign. He also gave \$50,000 to Trump's campaign last year.

Clinton, who moved to Chappaqua in 1999 to run for U.S. Senate, would be eligible to run for mayor if she becomes a city

resident by the Nov. 7 election.

Current Mayor and Democrat Bill de Blasio previously declared he will seek re-election. De Blasio was Clinton's campaign manager in her successful 2000 bid for Senate. He endorsed her for president in October 2015.

Real estate developer Paul J. Massey has raised more than \$1.6 million and put in more than \$1 million of his own to run on the Republican ticket, the Times reported earlier this month.

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THOUSANDS of knee arthritis sufferers flock for this advanced medical Knee Arthritis Pain

*Why patients come from Brooklyn, Queens, Long Island, the Bronx
for this arthritis pain treatment . . . and why waiting*

By Matt Edgar -
America's Health
Writer

NY Pain MD, a center for Non-Surgical Medical Relief For Spine And Joint Pain Relief, is a medical clinic with multiple locations in New York City that has treated thousands of knee arthritis patients. Here is what every knee arthritis sufferer should know about the best treatments and options available today. And why waiting can drastically decrease your chances to live a pain free life again.

The information you are about to read can possibly save you from years and years of agonizing knee pain. It might even keep you from getting total knee replacement surgery. *Please pay careful attention.*

What you are about to read is a cutting-edge medical treatment... But it is NOT what it appears to be at first glance. In fact, I'm going to have to ask for a bit of patience from you if you have already **unsuccessfully** tried any (or many) other knee arthritis pain treatments

You see, many knee arthritis sufferers had already tried what seemed to be similar

treatments to what we are going to talk about and did not get the results they wanted. But I assure you there is something VERY DIFFERENT about the technology and the way we do this treatment that can possibly make it much more effective for many ... and it often gets results when many others have failed.

This is why patients come from all over the tri-state area and beyond to have their knee arthritis pain treated here.

Would You Like Instant Proof?

If you want instant proof - you can just look at all the actual patient testimonials we have included. These patients were once skeptical just like you ... and are now either pain free ... or eliminated quite a bit of their pain..

Here's the most important thing:

Many said they had seen this information SEVERAL times before finally deciding to take action and give us a call. As you can see - they are happy they did. Once crippled with knee pain, they are playing golf again, dancing again, riding bikes again and going for long walks again.

But We Do Get One Very Common Complaint ... And it is:

"I wish I started this treatment much sooner."

Let's be very clear about this. Time is the most precious thing. There is no way to slow it down - or get any of it back once it's gone.

All the more reason for you to *not* suffer even one more second than necessary. Missing life while suffering in pain is a tragedy. Isn't it time for you try to get rid of your knee pain and start living the life you want and deserve?

And please understand this: One of the keys to success in medicine is early diagnosis and treatment. Like many diseases, arthritis only gets worse over time. The longer you wait - the more damage to your knee and eventually- the more pain. If you wait "past the point of no return", the entire knee joint can be degenerated and your ONLY option will be total knee replacement.

If you are suffering with knee arthritis pain, here is why you should act NOW:

When you have arthritis, you suffer a decrease in the lubricating fluids in your knee. In other words, your knee joint basically "*dries up.*" The lubricating

fluid that decreases is called "*synovial fluid*". Pharmaceutical companies can now make synovial fluid-like compounds that... during treatment... doctors precisely and directly apply these gel-like medicines into the knee joint. This helps replenish the lubricating fluid to the knee joint - cushioning the knee allowing it to move more freely and smoothly while often decreasing or even eliminating pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. In fact, it is impossible to predict results and there are no statistics proving what the "average" patients can expect. Everyone is individual and gets individual results - so we never tell anyone to expect the same results as any of our other patients. But to be 100% clear - many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years ... or even permanently cancel it.

What Are Treatments Like?

Treatments are simple, fast and virtually painless. The total time of the procedure itself is only 10 minutes and

you walk out of the clinic just minutes after your procedure with nothing but a one inch band-aid on your knee.

But There Is A BIG Problem. The key is that the treatment must be EXTREMELY PRECISE. Often ignored by many other clinics, if the procedure is just slightly off, the medication will not get exactly into the knee joint and the treatment will not work. That's why the experts at **NY Pain MD** use what they call "Precision Arthritis Targeting Technology" or **P.A.T.T.** - so they can confirm the special medicine went directly into the knee joint and not into the surrounding tissues.

Research shows that doctors performing procedures without Precision Arthritis Targeting can miss the joint as much as 30% of the time. If you had viscosupplementation (or Stem Cells or PRP) without the exactness of P.A.T.T. and did not get good results - this may be why.

In fact, by using Precision Arthritis Targeting Technology, **NY Pain MD** doctors are able to "double confirm" the precise placement of the natural arthritis medicines used. This is to help ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups. Just like all medications, some people respond better to some than others. While many doctors only use one type or formula, the experts at **NY Pain MD** use several. And great effort is taken to figure out which is best for YOU.

What To Do Next If You Are In Pain

Your Special Invitation

NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get their questions answered and find out if they are a candidate for one of the cutting-edge treatments offered at **NY Pain MD**. To schedule a complimentary screening, all you have to do is call **800-227-KNEE**. The screenings can fill up fast every month. But, this screening is at no cost and there is no further obligation. Call **800-227-KNEE** to schedule your screening. Many of the procedures offered at **NY Pain MD** are often covered by many insurance plans, union plans, work comp and even traditional & AARP Medicare.

al treatment & how they relieved pain while so many continue to suffer n: The Untold Story

c, Staten Island, New Jersey, Pennsylvania, Connecticut and beyond
can decrease your chance to live a pain-free life again

"I cannot ask for better results"



Dr. Stanley Weiner, M.D. - Surgeon

I had (replacement) surgery scheduled last year. But three months before the surgery I decided to make an appointment with **NY Pain MD**. I was amazed at the ease with which I was evaluated and the treatment schedule implemented. The results I had at **NY Pain MD** were outstanding. I cannot ask for better results. After the treatment I was able to go back to work with no discomfort at all. They use a digital monitor to locate the space that they use the treatment for and it's like exact science and I never had to have replacement.

Dr. Stanley Weiner MD

"Hey this feel terrific"



I was diagnosed with bone on bone about 2 years ago I went to see an Orthopedic Surgeon and he said my knees were shot and I need to get them replaced. The NY Pain guys said after looking at x-rays they could help. That procedure is so basic so simple so quick in 15 minutes you are in and out. When I got up out of the chair I stood up and I said, *"Hey this feels terrific."*

"I don't have any pain any more"



After I had the treatments ... the last tune up ... I just go right to the golf course. I'm able to keep up with these guys who walk - I'm right next to them! My guys on the golf course would say Hey, look at this he doesn't need us to put the ball up any more. **When I'm playing on the course I don't have any pain any more I don't have any aches and pain.** I'm out there playing!

"I feel like a new woman"



I came to the clinic because I was not sleeping at night. My leg was pounding. There were times when I sat too long the knee would tighten up. I would get in pain and I would be miserable and I would have it for the whole night. **After the treatment I goof around with my grandchildren. I feel like a new woman.** It's great. I know I don't have to sit on the couch and be in pain and I can just pick up and get dressed and go out. It was so gentle.

"I'm able to do it again"



It got to the point where I couldn't stand up for a period of time and I knew something had to be done about it. You walk into the doctors office - he puts your leg in a machine - he shows you where he is going to do the procedure and before you know it... It's done and you're outta there. Now I'm able to take out my bicycle and we took a couple of rides out in the woods and we had a good time and . . . ***I couldn't do that for years and now I'm able to do it again.***

"I feel like a new woman - It's amazing"



The pain was excruciating like 24/7. Nothing I took over-the-counter would work so I knew it was something more serious. When I saw that my condition was not getting any better, I decided to do something about it and I immediately made an appointment - I went and started treatment. **The feeling of getting back to my dancing and my mobility is indescribable. I feel like a new woman - It's amazing.**

"I am ecstatic with the results of this procedure"



One day, as I was running, my knee got tighter and tighter. I had to stop and just walk home. They x-rayed me and said I was a candidate for treatment. You sit there for few minutes and then you are up and walking out the door. I am ecstatic with the results of this procedure because I could not run just weeks before. I ran my race without any issues. I felt good - it just opened a door that was closing.

"I Can Finally Live My Life"



Prior the relief center I was taking painkillers and I was becoming addicted to it and it was damaging my health. Since the treatment, I've been able to be less dependent on them. I don't feel helpless anymore. **Since going through the procedure I can finally live. I can finally live my life.**

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GORILLA WARNING

TOM FOREMAN

Opinion



lier attitude toward the truth. The White House has railed right back about how the media and others are always just trying to drag him down. And through it all, I wonder if the gorillas are just storming past.

See, while such easily disproven and outlandish claims are quick to excite public imagination and to infuriate the president's foes, they are also enormous distractions. They devour headlines and keep voters from focusing on things like, oh say, those confirmation hearings in which we might actually learn a thing or two about the new cabinet. They swallow the schedules of reporters who must spend yet another day re-checking a claim already proven false.

We — not just the media — all of us, need to quit being so easily lured off of the real task at hand. We are not here to count basketballs. We're looking for gorillas.

inauguration audience, President Trump's win of the popular vote, and the millions of ballots supposedly cast by undocumented immigrants. All of which can be dismissed with a word: bunk.

But of course a lot more words have been bandied about. Critics have raged about Team Trump's seemingly cava-

There is a famous psychological test involving a video of people passing around basketballs. They are dodging in and out, circling around, some wearing white shirts and pants, some wearing black. The test subject is asked to count how many times the people in white pass the ball.

So the subject stares raptly, silently ticking off the numbers, and when it is done, he or she announces a tally. Whereupon the tester says "Fine. But did you see the gorilla?" In the middle of the video, a guy in a gorilla suit walks right through the middle of everything and most people are so intent on counting, they miss it.

Which brings us to the astonishing "alternative facts" the new White House has been heaving around. Since the election, D.C. has been in an uproar as the new administration has made claims about the record size of the

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Trump clears way for controversial oil pipelines

Oil producers in Canada and North Dakota are expected to benefit from a quicker route for crude oil to U.S. Gulf Coast refineries. But going ahead with the pipelines would mark a bitter defeat for Native American tribes and climate activists.



President Donald Trump displays one of five executive orders he signed related to the oil pipeline industry for a photograph in the Oval Office of the White House on Tuesday. GETTY IMAGES

President Donald Trump signed orders on Tuesday smoothing the path for the controversial Keystone XL and Dakota Access oil pipelines in a move to expand energy infrastructure and roll back key Obama administration environmental actions.

Trump campaigned on promises to increase domestic energy production. Before taking office he said the Dakota pipeline should be completed and that he would revive

the C\$8 billion (\$6.1 billion) Keystone XL project, which was rejected in 2015 by then-President Barack Obama.

U.S. crude imports have fallen dramatically in recent years as domestic production has boomed, but the world's largest oil consumer still relies heavily on imports.

Even though Canada is already the biggest source of U.S. crude imports, boosting the flow from a close ally is seen in Washington as a way to improve U.S. energy security.

"It goes to show we as a nation build infrastructure that is part of a comprehensive energy plan to make our energy secure," Republican Sen. John Hoeven of North Dakota told Reuters.

TransCanada Corp. said it would resubmit an application for a permit for Keystone XL after Trump signed an order saying the company could re-apply. The application will be reviewed by the U.S. State Department, which has 60 days to

reach a decision.

The orders look set to undo victories won by protesters in North Dakota against Energy Transfer Partners, which has nearly completed construction of the Dakota line. Despite the advanced phase of the project, the Obama administration in December denied the company a permit to tunnel under the Missouri River.

Protesters rallied for months against plans to route the \$3.8 billion pipeline beneath a lake near the Standing Rock Sioux reservation, saying it threatened water resources and sacred Native American sites.

At one point, nearly 10,000 people had flocked to federal land in North Dakota, including 4,000 veterans after protests turned violent at times. The main protest camp has dwindled to several hundred after the Standing Rock tribe asked activists to leave when the U.S. Army Corps of Engineers denied the easement.

REUTERS

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This Week Only - Metro Readers

Trump expected to sign executive orders on immigration

Trump's restrictions on refugees are likely to include a multimonth ban on admissions from all countries until the State Department and the Department of Homeland Security can increase the intensity of the vetting process.

President Donald Trump is expected to sign several executive orders on Wednesday restricting immigration from Syria and six other Middle Eastern or African countries, according to several congressional aides and immigration experts briefed on the matter.

In addition to Syria, Trump's orders are expected to temporarily restrict access to the United States for most refugees. Another order will block visas from being issued to Iraq, Iran, Libya, Somalia, Sudan and Yemen, said the aides and experts, who asked not to be identified.

The Republican president was expected to sign the orders at the Washington headquarters of the Department of Homeland Security, whose responsibilities include immigration and border security.

On the campaign trail, Trump initially proposed a temporary ban on Muslims entering the United States to protect Americans from jihadist attacks. Many Trump supporters decried Democratic President Barack Obama's decision to increase the number of

Syrian refugees admitted to the United States over fears that those fleeing the country's civil war would carry out attacks.

Both Trump and his nominee for attorney general, Sen. Jeff Sessions, have since said they would focus the restrictions on countries whose emigres could pose a threat rather than placing a ban on people who follow a specific religion.

To block entry from the designated countries, Trump is likely to instruct the U.S. State Department to stop issuing visas to people from those nations, according to sources familiar with the visa process. He could also instruct U.S. Customs and Border Protection to stop any current visa holders from those countries from entering the United States. REUTERS

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Five teams vying for Google prize to land spacecraft on the moon

Five teams have qualified to compete in a \$30 million Google-backed competition to land and operate robotic spacecraft on the surface of the moon, the XPrize Foundation said on Tuesday.

Contenders now have until Dec. 31 for their spacecraft to be launched, said the foundation, which is running the Google Lunar XPrize and eight other technology stimulus contests.

Previously, competitors needed to complete activities on the lunar surface, such as having their vehicles travel 1,640 feet and broadcast high-definition video, by the end of the year.

Since the contest was announced in 2007, interest in the Google Lunar XPrize has been high, with 33 teams originally signing up to compete for the \$20 million first prize.

Second place is worth \$5 million and bonus money is available for accomplishing extra tasks,

such as visiting an Apollo landing site or finding water on the moon.

Google's parent company, Alphabet Inc., has produced a documentary series about Lunar XPrize competition.

Five teams remain in the running: Israel's SpaceIL, Florida-based Moon Express, an international team known as Synergy Moon, India's Team Indus and Japan's Hakuto.

SpaceIL plans to fly on a SpaceX Falcon 9 rocket, which recently returned to flight following a launch pad accident.

Team Indus and Hakuto will share a ride on an Indian PSLV launcher.

Moon Express is banking on a launch from startup Rocket Lab, which is developing a small rocket called Electron. Whether it wins the XPrize or not, Moon Express is building a business to provide lunar transportation and services, such as research and mineral extraction,



The moon race is on. GETTY IMAGES

Chief Executive Bob Richards said in an interview.

Synergy Moon is counting on one of its partners, Mojave, California-based Interorbital Systems, for its launch aboard a new rocket known as Neptune.

"We're thrilled to have five contenders that are working from all over the world on this one mission," XPrize Senior Director Chanda Gonzales-Mowrer said in an email. The competitions are designed to make big technological leaps in aerospace, medicine, education and other fields by luring new participants and private capital with cash prizes.

REUTERS



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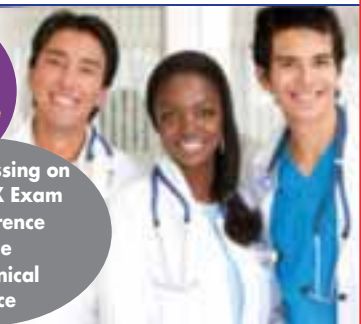
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Metro US boosts monthly readership to 4 million in print and online

The increased audience in New York, Philadelphia and Boston in 2016 came despite a declining newspaper market.

One million people a day picked up a copy of Metro newspaper in New York, Philadelphia and Boston last year, marking a significant rise in readership amid an otherwise declining market, according to the latest readership survey by Nielsen Scarborough. That represents a 16 percent jump compared to a recent 7 percent dip for other daily print newspapers. The boost translates to more than 138,000 new Metro print readers a day.

Metro US now reaches nearly four million print and digital readers a month.

Breaking down the

numbers, a combined 3.4 million people read a copy of Metro in New York, Philadelphia and Boston each month in 2016, and an additional 518,000 nationwide visited Metro.us, according to Google Analytics.

Taken together, the print and digital editions reported a 20 percent spike in readership year over year.

Yggers Mortensen, Metro US publisher and CEO, said he was "delighted that our editorial content resonates with millions of metropolitans — as our growing audience in print and online testifies. I would like to thank our readers for their loyalty, our advertisers for their trust and our staff for their hard work and dedication."

The strong results helped Metro New York reach 1.5 million readers a week in print and on-



line, making it the most read free daily newspaper in Greater New York. Print growth was bolstered by a distribution partnership with the MTA, providing Metro with new racks at 100 subway stations, with each rack holding 700 copies of the paper.

In Philadelphia, Metro's readership jumped 24 percent. It now reaches 743,000 Philadelphians a month and nearly 40 percent of all people working and living in the city.

Boston also marked

"Metro covers everything you need to know about everything that matters."

Editor in Chief Alek Korab

significant growth last year, with a 13 percent increase in readership and a monthly audience of 451,000. Now, nearly one-third of people living and working in Suffolk County, Massachusetts, read Metro.

"While most print media vehicles are seeing their audience shrink, Metro's print audience is growing in an increasingly digital and connected world," said Wilf Maunoir, Metro's marketing and research director. "Thanks to Metro's unique editorial formula

and innovative free distribution model, Metro is a hybrid media. It combines the benefits of print and transit media."

Metro US can attribute its success to its talented journalists, advertising, sales, marketing and distribution team who help deliver provocative and thoughtful local news and entertainment coverage each day. Standing behind it is Metro's global network of 100 newspapers.

"Metro covers everything you need to know about everything that matters," said Editor in Chief Alek Korab. "It's the best way to overcome FOMO — the fear of missing out — when it comes to hot news, President Donald Trump, the best movies and TV, going out in the city, and looking good doing it. In print and online, our motto is: 'Miss nothing. Know everything.'" METRO

Metro readership

Daily readers print and digital (age 18+): **1,089,709**

Monthly readers print and digital (age 18+): **3,939,313**

Daily newspaper readership increase in the past year: **+16%**

Combined print/digital readership increase in the past year: **+20%**

Reader job stats:

Employed: **72%**
Full-time: **48%**
White collar: **44%**
College: **65%**
Parents: **31%**

Average household income (for those employed): **\$84K**

Source: Nielsen Scarborough 2016 R2. New York, Philadelphia, Boston. US Outside Core Areas: Google Analytics (2H 2016)

metro new york
readership is up
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source: nielsen scarborough 2016 r2. net combined print/online.

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Chris Brown calls Aziz Ansari 'Aladdin'

There's no person that I want to just go away as much as Chris Brown. Especially today. The noted horrible dude and I guess, singer, clapped back at Aziz Ansari via Instagram on Monday.

The "Master of None" star mentioned Chris Brown during his opening monologue on last week's "Saturday Night Live," likening supporters of Donald Trump to Chris Brown fans. He explained that fans remain steadfast in their loyalty, even if they "don't condone the [individual's] extracurriculars," notes Jezebel.com.

In response Brown, as he is wont to do, went ham. In a super-duper racist Instagram post, Brown wrote:



"F—K NO!!!!!! Somebody tell ALADDIN HOP OFF MY D—K!"

Nobody really knows why he did this, but I'm guessing it's just the standard internal terribleness Brown struggles with on a day-to-day basis.

Also, let's be clear. It is superracist to call Ansari "Aladdin." But also? Aladdin was really fine.

Sure, he was a liar; sure, he was a street rat; but have you ever seen any other man rock a purple vest with nothing underneath? I don't think so. So my new working theory is that Brown was trying to compliment the comedian, but it came out all wrong and racist and horrible. Better luck next time, my dude.

the word

RACHAEL CLEMMONS

Ewan McGregor shut Piers Morgan down



Ewan McGregor has had enough. The "T2 Trainspotting" star took on professional troll Piers Morgan about last weekend's Women March with one succinct tweet. "Was going on Good Morning Britain, didn't realise @piersmorgan was host. Won't go on with him after his com-

ments about #WomensMarch," McGregor tweeted Tuesday.

The actor's feed is filled with retweets about the recent inauguration, and it's clear McGregor is concerned about America's political future, which — yeah, same. Morgan had previously written a takedown of the march centered around Madonna who, by the way, was just one of millions

of women present. Literal millions. In response to McGregor, the former host of a now-canceled show tweeted back: "I see Ewan McGregor's now had 136k likes for his tweet about me. I've made him popular at last." Sigh.

OK, Piers, boo. Do you feel better now, or is your masculinity still just SO FRAGILE? I'm sure you'll let us know.

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What 'The Founder' has to say about Trump

John Carroll Lynch sees some similarities between his new McDonald's movie and our new POTUS.



MATT PRIGGE
@mattprigge
matt.prigge@metro.us

John Carroll Lynch is one of our favorite "hey, that guy!" actors. You've seen him everywhere: He's Frances McDormand's husband in "Fargo," Drew Carey's transvestite brother on "The Drew Carey Show" and a staple on "American Horror Show." Right now you can see Lynch as both Lyndon Johnson in "Jackie" and in "The Founder," in which he plays Mac McDonald, one of the two brothers (along with Nick Offerman's Dick) who in the 1950s created a modest chain restaurant called McDonald's — an idea stolen by one Ray Kroc (Michael Keaton), a salesman who took their radical idea nationwide.



In "The Founder," now in theaters, John Carroll Lynch and Nick Offerman play Mac and Dick McDonald, the guys who created McDonald's and then had their invention swindled away from them by oily salesman Ray Kroc (Michael Keaton). THE WEINSTEIN COMPANY

This story makes McDonald's look somehow even worse. It seems they'd make sure it didn't get out.

The story came to the producers 10 years before the movie was made. They read books about it and tried to option them, but they couldn't because McDonald's had purchased them all. They were making a concerted effort to defend the myth and legacy of Ray Kroc.

They found a way to make it by meeting with the McDonald brothers' descendants. Dick had children, so they went to them. When they called, they said, "We've been waiting for somebody to call for 50 years."

This is a movie about a businessman who fleeces people to get to the top, all out of an insatiable need for greed. So it's timely.

It's hard not to look at the similarities between Ray Kroc and the famous pitchman who just took office as president of the United States. President Trump has been successful as a pitchman.



He's (sort of) loving it

Like a lot of people who grew up in suburban or Midwest America, I grew up on McDonald's, though I can't even imagine eating there now.

I wish I could say I was as big a purist as you. [Laughs] I go to McDonald's on occasion, mostly for breakfast. I love Egg McMuffins. I know what's in it, generally; obviously it's been chemically enhanced. But when you're flying a lot, you're going to the airport a lot, you see it and say, "I know what that is. I know what I'm going to get." And that's attractive.

He's great at it. He's been a successful real estate developer to some degree in his lifetime; you could argue about how successful. But the thing he's been most successful at is licensing his name. What does he sell? He sells what he says he

sells, which is success and riches.

And now he's sold a country on it. So now we're going to see if he can deliver for other people. That's not been his strong suit. Ray Kroc was not very successful for many other people than Ray Kroc. After his death, he was extraordinarily successful for the Salvation Army and National Public Radio, because that's where Joan Kroc [his widow] gave all the money to. We'll see what Melania does. Although she may have a prenup.

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22 LIFESTYLE

The power of positive speaking

Learning the satisfaction and comfort of words that can finally express what we're already feeling.



RACHEL RACZKA
@rachelraczka
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Coming off the 2016 election season, we're reminded once again: Despite the childhood rhymes, words really can hurt you. But, unsurprisingly, they also have the power to heal, expand the mind and incite joy. Tim Lomas, a lecturer of applied positive psychology at the University of East London, began the Positive Lexicography Project, a reference guide to untranslatable words from around the world. Each word relates to well-being, and for the most part, represents and describes feelings, emotions and expressions that have been condensed by a people or culture into a single, unique word.

Lomas embarked on the project after the 2015 International Positive Psychology Association, where he was introduced to the word "sisu," a Finnish term meaning "extraordinary courage and determination."

The concept resonated with Lomas, who dove into researching additional words exclusive to languages, and then sorted terms by themes. Lomas crowdsourced much of his analysis, leaving definitions open for rewrites by native speakers.

The result is the Positive Lexicography Project, an evolving resource of roughly 800 untranslat-



For more information on Tim Lomas' Positive Lexicography Project, visit DrTimLomas.com/positive-lexicography. **ISTOCK**

Words you should know

Agape (Greek; n.): selfless, compassionate, unconditional, devotional love.

Engelengeduld (Dutch; n.): angelic patience (i.e., great patience).

Enraonar (Catalan; v.): to discuss in a civilised, reasoned manner.

Fernweh (German; n.): literally "far pain/sickness" (the opposite of homesickness); the "call of faraway places," longing/homesickness for the unknown.

Saudade (Portuguese; n.): melancholic longing, nostalgia, wistfulness.

Savoir-être (French; n.): knowing how to be and carry oneself; "soft" or interpersonal skills.

able words; ranging from Sweden's "gökotta," meaning "waking up early to hear the first birds sing," to "suaimhneas croi," a Gaelic word that means the "contentment on finishing a task." The list, hosted on Lomas' website, grows as his efforts gain momentum, with readers suggesting additions

and redefinitions on the regular while he continues to research the project himself. He is currently in the process of creating an academic book based on his findings.

Lomas hopes the readers can find satisfaction in the ability to articulate things you're already feeling. Or instigate new pleasurable

moments. For example, take "hygge" — the Danish term loosely defined as "coziness" that's sweeping the nation.

He adds, "I think these words can lead us to new experiences — identify phenomena we haven't experienced and look for that and develop them into our life."

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How to be an activist in the era of Trump

Actionable steps you can take, starting now.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

We have at least four years ahead with Donald Trump as president. That's too much time to spend angry and listless, refreshing Twitter and contemplating a move to Canada. Instead, find ways to channel your fear and rage towards enacting change. From volunteering time (and money), to getting on the phone with your representatives, here's how to get to work — starting today.

Donate to progressive causes

There are several organizations in need of financial support to continue defending our basic human rights under Trump. To help protect women's repro-



Fight for your rights under the Trump administration. GETTY IMAGES

ductive rights, donate to Planned Parenthood, the National Abortion Federation, NARAL Pro-Choice America, among others.

To fight for civil liberties and help protect minorities, donate to the ACLU, the NAACP and the National Immigration Law Center. And that's just naming

a few; visit togetherlist.com for more ideas.

Give your time

If you can't afford to make monetary contributions, donating your time can be just as valuable; and there are countless ways to do it. Sign up with your local chapter of the National

Organization of Women to escort women to abortion clinics. Look around your own community to see how you can help, from joining Big Brothers Big Sisters of America as a volunteer mentor to underserved youth, to getting involved with local community organizing groups.

Take action the first 100 days

Sign up online for Michael Moore's 100 Days of Resistance — or follow him on Facebook — to receive action alerts for "peaceful acts of resistance" you can do during Trump's first 100 days in office. Actions will target Trump's agenda, from his plan to defund the arts, to building a border wall.

The organizers behind the Women's March have also launched a campaign, called 10 Actions/100 Days, which lays out a plan to address a specific issue every 10 days (for 100 days). Sign up at womensmarch.com to receive alerts for each action.

Contact your representatives

If you're unhappy about current legislative changes that are already underway, from the repeal of the Affordable

Care Act to the confirmation of Trump's Cabinet picks, don't just rant about it on Facebook. Voice your dissent directly by making a phone call to your congressmen. (If you're unclear on who they are, visit house.gov/representatives/find/ and put in your ZIP code.)

The site actionagainstrump.com makes it easy, providing a Google doc with a weekly call to action, including numbers of congressmen to call and sample scripts for what to say on the phone.

Support your local politicians

In the next four years, don't neglect elections in your city and state. Stay informed on the candidates, and most importantly, vote. The next president has to start somewhere. Down the line, you might see some of your local politicians' names on the ballot.



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home



East Harlem on the rise

Real estate prices in the area attract young homebuyers.

Thing are changing in El Barrio.

Over the past two years, East Harlem — also known as Spanish Harlem, with a largely Puerto Rican, Dominican and Mexican population — has become increasingly gentrified.

According to a plan proposed by the city late last year, the area could be rezoned to bring more restaurants and retailers to the area.

And with that comes new residents. Agents have noted that a number of first-time buyers are purchasing properties in the neighborhood. It is relatively affordable compared to the rest of Manhattan, and the 4,5 and 6 subway lines make getting to the Bronx and downtown Manhattan easy.

"I've had doctors, fashion designers, bankers and educators as clients. The one thing they have in common is they are seeking good value and a great location," says Juan Rosado, a real estate agent with Citi Habitats. "In East Harlem, you are never too far from the action."

Rechelle Balanzat,
owner of on-demand

laundry-services app Juliette Laundry, is moving into the neighborhood in March. "It's much more affordable," says the 31-year-old Nolita resident. "Unlike the hustle and bustle of downtown, it's very quiet here, and I love visiting the bodegas and local restaurants."

The neighborhood is a mix of residential and commercial properties. Mexican, Puerto Rican and Dominican eateries, cafes and taco carts line the sidewalks along East 116th Street between Second and Third avenues.

Although there are luxury properties such as One Museum Mile and 1399 Park Avenue, regular market-rate housing and public housing are also available in the neighborhood. Along East 111th Street, between Park Avenue and Madison Avenue, a strip of affordable housing is being developed, and a 400-unit building with affordable housing was approved on Lexington Avenue between East 107th and 108th streets.

Still, the influx of development and new residents means unwanted change for existing community members.

"The rent prices for stores and homes are going up and people are moving out, to places like the Bronx," says Pedro Ramos, who helps run his family's Mexican grocery store, El Agave, on East 116th street near Second Avenue. "We used to own a store across the street for about 11 years. But the rent went up way too high, and we had to move out. Now we rent this space for our store."

The cost

"The vast majority of residential buildings in East Harlem are multifamily. It's a mix between older walk-up buildings and new elevator rental and condo developments," says Rosado. Costs drop as you move east from Lexington Avenue, he said.

"Prices vary greatly, but resale wise apartments usually sell for around \$800-950 per square foot," said Matthew Cohen, a real estate salesperson at CORE.

"In addition, pricing both for rentals and sales is less expensive in East Harlem than it is in the west side of Harlem."



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LOCAL HANGS



Patsy's Pizzeria is one of East Harlem's most iconic eateries. It has been in existence for over 80 years. NEHA BANKA KANORIA

Patsy's Pizzeria

This 84-year-old coal-oven pizzeria's cheesy slices draw customers from all over the city. Considered one of New York's original pizzerias, Patsy's sees a steady stream of customers stand by the counters with their slices, overlooking the sidewalk, regardless of the time of day.
2287 1st Ave.

Yura's Blue Plate

A relatively new restaurant that opened last year in East Harlem, Yura's serves breakfast to early dinner and everything in between. The big glass windows overlooking First Avenue allow for people-watching over a cup of coffee.
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ROMO RUMORS

These days, when a big name general manager from organization A. and a big name player who has been mentioned in trade rumors from organization B. are breathing the same air at a party – that constitutes a trade rumor. So when Denver GM John Elway and Cowboys QB Tony Romo were spotted at the victory party for House Majority Leader Kevin McCarthy (R) this past week, that got Broncos fans buzzing.

Things worked out great for Peyton Manning in Denver when he signed there in 2012 at the age of 36. Coincidentally, Romo is 36 right now and – like Manning was five years ago – is battling significant injuries. Don't be surprised if Elway rolls the dice again.



LOATHSOME LIZ

NFL players need to stop having sex with an Instagram model named Elizabeth Ruiz, like yesterday. Ruiz (pictured here, right, with 50 Cent and Jasmín Cadavid) more or less tried to blackmail Broncos star Von Miller a few months back,

threatening to release a sex tape, and now she's kissing and telling about the size of another NFL star's manhood. Ruiz said this week that Redskins wide receiver DeSean Jackson had a small pee-pee in an interview with Hollywood Unlocked.

"This is not to throw shade at him, like he is a really good person and a really sweet guy – down to earth. We're just talking about sex, and with him it was, just, like so ... dead," Ruiz said.



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Is Eli's window about to close?

At age 36, Giants quarterback Eli Manning is no spring chicken.



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No NFL player in history has aged as well as Patriots quarterback Tom Brady, who will start in his seventh Super Bowl game a week from Sunday in Houston against the Atlanta Falcons. Brady is 39 years old and seemingly better than ever.

On the flip side is 34-year-old Pittsburgh Steelers QB Ben Roethlisberger, who lost to Brady's Pats last Sunday, and on Tuesday hinted at a possible early retirement. That's cause for minor alarm for the man Roethlisberger is most often compared to due to age

(2004 NFL Draft class) and success (both with two Super Bowl rings). Giants fans have got to wonder, will Eli Manning be a Brady or a Roethlisberger in terms of longevity?

The needle is point-

ing in the direction of Brady for Manning right now as he's been the most durable quarterback in the league since that 2004 draft. Manning has played a remarkable 12 straight 16-game seasons, and has started a whopping 199 straight games.

So Manning is as unbreakable as they come

even at the ripe QB age of 36, but the other half of the equation here regards level of play. Manning saw his numbers decline across the board this season, as he threw nine less touchdown passes, threw for 409 less yards, and threw two more picks in 2016 than he did in 2015.

Roethlisberger, who missed two games due to injury this past season and four games in 2015, has seen his numbers dip in recent years as well. He peaked in 2014, throwing for a career-high 4,952 yards. In 12 games played in

"I'm going to take this offseason to evaluate, to consider all options, to consider health and family."

Ben Roethlisberger

FISHY STORY

Instead of suiting up for Super Bowl LI in 11 days, former Patriots linebacker Brandon Spikes will likely be mulling legal options. Spikes, who played with the Buffalo Bills this past season, had a portion of his paychecks garnished this

past season because he didn't pay "The Fish Guy."

"The Fish Guy" is an "aquatic services" company in Massachusetts that transports aquatic creatures – among other things. Spikes had his tropical fish and aquarium moved from

Rhode Island to Buffalo a couple years back by "The Fish Guy," but the linebacker just never paid up apparently. Spikes' attorney claimed in 2015 that Spikes shouldn't have to pay because some of the fish died during transportation.



Giants quarterback Eli Manning is 36 years old. GETTY IMAGES

2015 he threw for 3,938 yards, and in 14 games played in 2016 he threw for 3,819 yards.

"I'm going to take this offseason to evaluate, to consider all options, to consider health and family and

things like that and just kind of take some time away to evaluate next season, if there's going to be a next season," Roethlisberger told 93.7 The Fan in Pittsburgh. "I think that's, in my point of my career and

my age, that's the prudent and smart thing to do every year."

Manning has never discussed an early retirement, but if his numbers continue to stagnate, that decision might be made for him.

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the Secy. of State of
New York (SSNY) on
11/02/2016. Office location:
New York County. SSNY
is designated as agent of
LLC upon whom process
against it may be served.
SSNY shall mail process
to the LLC c/o 450 North
End Ave., Suite 17A,
New York, NY 10282.
Purpose: to engage in any
lawful act or activity.

NOTICE IS HEREBY GIVEN
that a license, Number Pending, for
Liquor, Wine & Beer has been applied
for by the undersigned to sell Liquor,
Wine & Beer at retail in a Restaurant
under the Alcoholic Beverage
Control Law at 265 11
Union Turnpike, New Hyde Park,
NY 11040, Queens County, for
on-premises consumption. Galo
Churrasqueira LLC d/b/a Tavern 18

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LEGAL NOTICES

**NOTICE OF SALE
SUPREME COURT: QUEENS COUNTY**
Selene Finance, LP
Plaintiff(s) vs. DIAN HENRY;
MARLON HENRY NICHOLS; et al:
Defendant(s)
Attorney (s) for Plaintiff (s):
ROSICKI, ROSICKI &
ASSOCIATES, P.C.,
2 Summit Court, Suite 301,
Fishkill, New York, 12524,
845.897.1600

Pursuant to judgment of foreclosure
and sale granted herein on or about
September 28, 2016, I will sell at
Public Auction to the highest bidder
at the QUEENS COUNTY SUPREME
COURT, located at 88-11 SUTPHIN
BOULEVARD, JAMAICA, NEW YORK,
IN COURT ROOM #25. On February 3,
2017 at 10:00 am. Premises known
as 1110-34 166TH ST, JAMAICA, NY
11433 Block: 10193 Lot: 22 ALL that
certain plot, piece or parcel of land
situate lying and being in the Fourth
Ward of the Borough and County of
Queens, City and State of New York.
As more particularly described in the
judgment of foreclosure and sale.
Sold subject to all of the terms and
conditions contained in said judgment
and terms of sale.

Approximate amount of judgment
\$462,004.26 plus interest and costs.
INDEX NO. 16744/11
Mitchell L. Kaufman, Esq. Referee

NOTICE IS HEREBY GIVEN
that a license, Number 1299273, has
been applied for by the undersigned
to sell Wine, Beer & Cider at retail
in a Restaurant under the Alcoholic
Beverage Control Law at 2351 86th
Street, Brooklyn, NY 11214, for on-
premises consumption. New Pho
Tay Ho 86 Vietnamese Restaurant
Inc. d/b/a New Pho Tay Ho 86

NOTICE IS HEREBY GIVEN
that a license, Number Pending,
for Beer, Liquor & Wine has been
applied for by the undersigned to
sell Beer, Liquor & Wine at retail in
a Restaurant under the Alcoholic
Beverage Control Law at 265 11
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County, for on-premises consumption.
Deftero Restaurant Corp.

LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT
QUEENS COUNTY
FEDERAL NATIONAL
MORTGAGE ASSOCIATION;
Plaintiff(s) vs. SUIDASS
SAHAJ; KRISHNA SAHAJ;
et al: Defendant(s). Attorney
for Plaintiff(s): ROICKI,
ROSICKI & ASSOCIATES,
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of foreclosure and sale.
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judgment and terms of
sale. Approximate amount
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INDEX NO. 6335/07
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TO PUBLICATION AT 4 PM.**



Across

- 1 Seismic event
- 6 Druid, for one
- 10 Hurt all over
- 14 Lobbies for
- 15 Burma neighbor
- 16 Le Sage's "Gil --"
- 17 Asimov of sci-fi
- 18 Drury Lane composer
- 19 Sudden shock
- 20 Having a piece of
- 22 Utter a sigh
- 23 Tinned meat
- 24 Rain gear
- 26 Hula strings
- 29 Lamb's pen name
- 31 Toward the stern
- 32 Attila subject
- 33 Dispatch
- 34 Applied gold leaf
- 38 Bettor's concern
- 40 Talk a lot
- 42 Olden times
- 43 Quieted
- 46 Rowdy crowds
- 49 -- -- few rounds
- 50 Prefix for an ear doctor
- 51 Bird-feeder treat
- 52 9-digit ID
- 53 Border town
- 57 Frog step
- 59 Teen bane
- 60 Discoloring

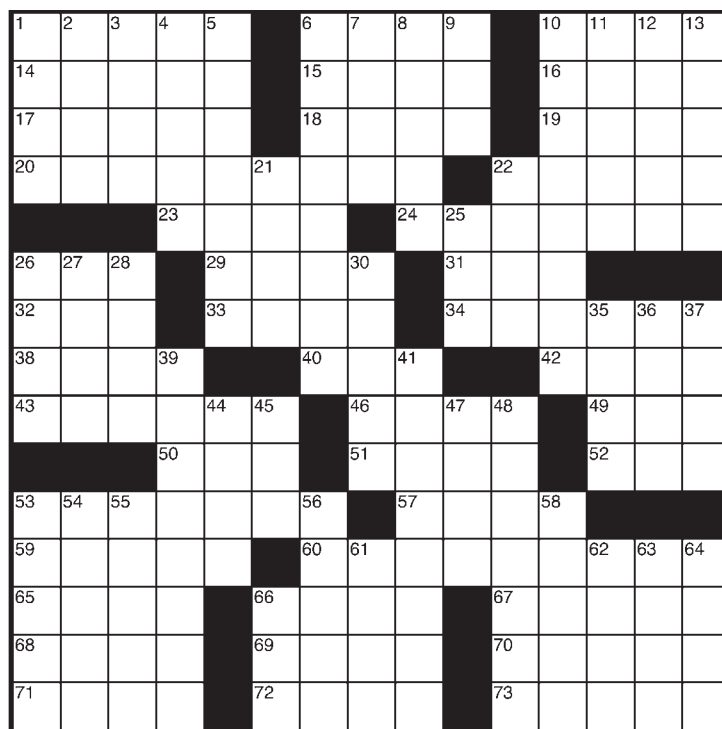
- 65 Blend
- 66 Motor's sound
- 67 "M*A*S*H" site
- 68 Major nuisance
- 69 Sorrel or bay
- 70 Pass, as a bill
- 71 Lath
- 72 Able to be verified
- 73 Cubicle fillers

Down

- 1 Smart remark
- 2 Big Dipper bear
- 3 Culture dish goo
- 4 Romantic poet
- 5 Makes a getaway

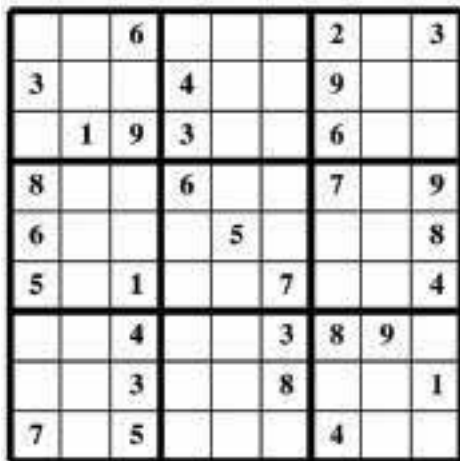
- 6 Alleging
- 7 Hold down a job
- 8 Pines
- 9 Mao -- -tung
- 10 Disconsolately
- 11 Billowing garment
- 12 Split in two
- 13 Organic compound
- 21 Curly-leaved veggie
- 22 Stereo (hyph.)
- 25 Hang back
- 26 "Oops!" (hyph.)
- 27 Spiral-horned antelope
- 28 Boundaries
- 30 First veep
- 35 Some boxers
- 36 Psyche's suitor
- 37 Faculty honcho
- 39 Oughtn't
- 41 French port
- 44 Coup d'--
- 45 Grandee's title
- 47 Borscht veggie
- 48 Like some gamblers' decks
- 53 Packs a pipe bowl
- 54 Just right
- 55 Actor Raul --
- 56 Dislike intensely
- 58 Make a call
- 61 Roast pig repast
- 62 S&L assets
- 63 Bottle top
- 64 Slangy pistols
- 66 PC monitor

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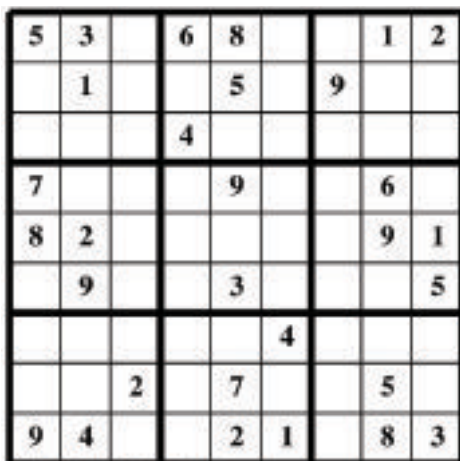


metro.us/sudoku

easy



hard



metro.us/horoscopes



Aries Don't leave anything to chance. Take care of your responsibilities and finish what you start. Living up to what's expected of you will help you avoid criticism and discord.



Taurus Taking a short trip or attending a function or trade show will be informative. Focus on generating ideas that will allow you to use your skills to help yourself.



Gemini Keep your distance from anyone trying to use or take advantage of you. Do the research required to ensure that you aren't being scammed.



Cancer Spend time working out any problems you face with personal or business partners. Communication will stabilize your situation and encourage a fast success.



Leo Take the initiative and learn what you need to know in order to improve your life. You'll gain stability and improve your reputation and status if you are forthright.



Virgo Getting together with peers will give you greater insight and confidence to move forward with your plans. Put your energy behind your ideas.



Libra Keep an open mind, but don't let anyone pressure you into something that isn't in your best interest. A change in a relationship due to excessive behavior can be expected.



Scorpio Extra income is attainable if you expand one of your interests to create a marketable service. Don't sell yourself short. You've got plenty to offer.



Sagittarius Look for a way to reconnect with people you have worked or played with in the past. When in doubt, you are best off relying on tried-and-true methods.



Capricorn Delays while traveling or dealing with institutions or government agencies can be expected. Make sure you have all your papers in order.



Aquarius You must live up to your promises. Make an effort to participate in things. Offer suggestions, solutions and insight. Step into the spotlight and do your best.



Pisces Getting involved in functions going on in your community or reconnecting with people you have worked with in the past will lead to interesting offers. EUGENIA LAST

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